

*Let's have some fun?*



*“Practice and repetition lead us to perfection, or at least, closer enough”.*

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Here are the answers

1/ What is the effect of a little piece of paper ?

The answer is: a. A remarkable effect

2/ What is the first tip?

The answer is: b. Take a few deep breaths

3/ What is stress ?

The answer is: a. A survival mechanism

4/ What is the effect of stress on your heart ?

The answer is: a. It pumps furiously

5/ In the 21st century, what do we stress about ?

The answer is: b. About different things

6/ How to counter the effects of stress ?

The answer is: a. By breathing

7/ What is the first top tip ?

The answer is: a. Get plenty of exercise

8/ And the second ?

The answer is: b. Scope out the situation

9/ The third ?

The answer is: c. Talk to someone

10/ You can't laugh and ... with fear ?

The answer is: a. Quake

*Fab Silva*